

## Craft Day



*"Thank you, United Parents! I felt like a prisoner in my own home. I was afraid to use regular babysitters. But Bob works so well with my son. They have a great time, and I get some time off. Thank you!"*

## Whale Watch



*"I'd almost given up on going out. Now, I get to see my friends every other Wednesday and we have a great time."*



## Soccer Camp

*"I can't afford a vacation, but respite gives me a chance to really relax and not worry about my daughter."*

United Parents

805 384 1555 ♦ 805 384 1080 Fax

## United Parents. . .

1989 Norm & Ellen Linder host other parents of special needs children in their home.

1992 Monthly **support meetings** expand to include the public. United Parents Library is established and open to families.

1995 Began offering 20 hours of monthly **respite** or "chill time" to parents and caregivers of challenging special needs children.  
Funding: Ventura County Behavioral Health/SAMHSA Contract & Co-pays

1996 Began the only children's **crisis intervention/prevention** program in Ventura County, **HATT** (Hospital Alternative Treatment Team), reducing psychiatric hospitalizations by 70%.

Respite added quarterly **Children & Teen activities** including camping, hiking, movie nights, outings, teen meetings.  
Funding: Ventura County Behavioral Health/SAMHSA Contract & Co-pays

Provided **Beyond Basic Parenting** to assist parents raising children with mental health disorders.

2003 Began providing 12 hours of monthly **Foster Respite** to Foster Parents, having at least one child 0-5.  
Funding through Child & Family Services (HSA) and First Five, & Co-pays

2004 Recruit, train and provide **Parent Partners** as team members for Ventura County **Wraparound**. Funding through Human Services Agency, SB 163 and a subcontract with Casa Pacifica.

2005 **Crisis Counselors** comfort and stay with children in an adult psychiatric hospital, awaiting a proper bed elsewhere. (Health Care Agency Contract)

2006 **Building Hope: Educate, Equip & Support**, a 10 week overview of vital information for anyone raising or close to a child with neuro-biological disorders (mental/emotional problems).

2007 Recruit, train and provide Parent Partners as team members for MHSAs **Full Service Partnership**.  
Funding through Ventura County Behavioral Health, Prop 63 & Interface

**On Going** Daily telephone support, Educational Advocacy, Support meetings, Parenting Seminars, In-home follow up, Open library, Referrals.

# Need A Break?

Consider our  
respite services.

---



391 S. Dawson Drive, Suite 1A  
Camarillo, CA 93012  
805 384 1555/1080 Fax  
[www.unitedparents.org](http://www.unitedparents.org)

**Respite:** (res" pit) *n.* an interval of rest or relief.  
*-tr.v.* to provide with a period of temporary rest or relief. -American Heritage Dictionary  
**Respite:** (res' pit) *n.* time *just for you* to catch up - with friends, reading, the beach . . .or just relaxing in your own home. . . A mini vacation!  
 -United Parents



United Parents offers several respite options for all budgets.

1. Respite for parents whose children have mental/emotional/behavioral problems. Families pay on a sliding scale, usually \$2-\$5 an hour for up to ten hours a month of respite care. The balance is subsidized by Ventura Co. Behavioral Health (through a SAMHSA grant).
2. Respite for foster parents having at least one child 0-5 in their home. Families pay \$2/hour for up to 12 hours per month of respite care. The balance is funded by Ventura County Child Family Services and First Five.
3. Crisis respite may be available, depending on staffing, for emergencies. This could be used for a **few hours** when a child is ill, suspended, or in need of a one-on-one companion.
4. Regularly scheduled respite is always available at \$17 per hour.

Monthly activities for our respite kids are scheduled throughout Ventura County.



## How the Respite program works:

1. **Call** for an application.
2. **We will call** you for an appointment, come to your home, meet you and your family. 
3. If your child has special needs, we will discuss and document medications and other accommodations.
4. **Set up** regularly scheduled appointments with the respite worker.
5. You let the respite worker know if you want your child to remain home or if going out is OK.
6. Your respite worker will be professional, but fun; engaging and good at setting limits. They will model good social skills and redirect poor behavior. 

We train, screen, fingerprint, and offer back up to qualified respite staff. They are also CPR/ 1st Aid certified. We require staff to attend additional trainings such as social skills, mental health education, and behavioral supports for children.

They don't just 'sit' with children. They form positive relationships. They go to the mall, movies, outings, or may stay home with your child.

Our respite staff work with difficult or easy children, big and little children, and special needs children.

WE take 'caring' for your child seriously.



**WE**

- ◆ Play
- ◆ Read stories
- ◆ Teach crafts
- ◆ Model good behavior
- ◆ Listen to music
- ◆ Do Word Scrambles
- ◆ & Supervise carefully!



391 S. Dawson Drive, Suite 1A  
 Camarillo, CA 93012  
 805 384 1555 ◆ 805 384 1080 Fax